

DSCP



Produce Business Unit, September 2004 NEWSFLASH

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~ Apple-Cranberry Wheat Muffins ~

- 1-1/4 cups all-purpose flour
- 1/2 cup whole-wheat flour
- 1/2 cup granulated sugar
- 1/4 cup toasted wheat germ
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 2/3 cup (5 fl. oz can) evaporated milk
- 1/3 cup apple juice
- 1/4 cup vegetable oil
- 1 large egg
- 1-1/4 cups baking apples (diced) *
- 3/4 cup dried, sweetened cranberries
- 1 tablespoon cinnamon sugar

Preheat oven to 400 degrees. Combine



both flours, sugar, wheat germ, baking powder and cinnamon in a medium bowl. Beat evaporated milk, apple juice, oil and egg in a small bowl until blended. Add to flour mixture; stir just until moistened. Fold in apple and cranberries. Grease or paper-line 12 (1/2 cup) muffin cups. Spoon batter into prepared muffin cups, filling 3/4 full. Sprinkle with cinnamon sugar.

* Popular baking apples varieties include Granny Smith, McIntoch and Rome Beauty

~ Pyramid ~

Time magazine reports the estimated cost of the daily portions of fruits and vegetables the federal Food Guide Pyramid recommends is 64 cents. The percentage of population eating the recommended portions is 7%.



~ Awesome Apple Facts ~



- 61 percent of United States apples are eaten as fresh fruit.
- Apples are grown in all 50 states.
- The top apple producing states are Washington, New York, Michigan, California, Pennsylvania and Virginia, which produced over 83 percent of the nations 2001-crop apple supply.
- Apples are fat, sodium, and cholesterol free.
- A medium apples is about 80 calories.
- Apples are a great source of the fiber pectin. One apple has five grams of fiber.
- The science of apple growing is called pomology.
- Apple trees take four to five years to produce their first fruit.
- The apple tree originated in an area between the Caspian and the Black Sea.
- Apples are a member of the rose family.
- Some apple trees will grown over forty feet high and live over a hundred years.
- Apples have 5 seeds. There are five seed pockets, each with a seed, in an apple.
- The Lady or Api apple is one of the oldest varieties in existence.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- America's longest-lived apple tree was reportedly planted in 1647 by Peter Stuyvesant in his Manhattan orchard and was still bearing fruit when a derailed train struck it in 1866.
- 25 percent of an apple's volume is air. That is why they float.
- Apples are the second most valuable fruit grown in the United States. Oranges are first.

Source:

<http://www.urbanext.uiuc.edu/apples/facts.html>

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- October 11-15 is School Lunch Week

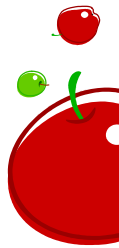
- Name Change: ASFSA (American School Food Service Association) is changed to SFA (School Nutrition Association)



Good Eats This Week:

Check out the *FRUIT* that is available in good to excellent quality:

Apples: Fuji, Gala, Gold Delicious, Granny Smith, Jona Gold, McIntosh, Red Delicious
Cantaloupes
Grapes, Black, Red, White
Honeydew
Kiwifruit
Lemons
Nectarines
Oranges: Valencia's
Peaches
Pears: Bartletts, Bosc, D`Anjou,
Plums: Black, Red
Strawberries
Watermelon, Red Seedless



Check out the *Veggies* that are available in good to excellent quality:

Asparagus
Artichokes
Broccoli Crowns
Cabbage: Green, Red
Cauliflower
Celery, and Celery Hearts
Corn: Yellow, White and Bicolor
Cucumbers
Green Beans
Lettuce, Iceberg, Leaf
Okra
Onions: Peru Imports, Red, White, Yellow
Peppers, Green Bell
Potatoes, Baking, Red, Sweet, White
Radish: Red
Squash, Zucchini and Yellow
Tomatoes

~ Americans Told to Eat More Fruits & Vegetables ~

The federal nutrition Advisory Committee charged with revising the U.S. Department of Agriculture (USDA) Dietary Guidelines for Americans met for the final time this week to conclude its deliberations regarding proposed changes to the guidelines, which provide sound and current dietary science to consumers. The committee, appointed by the USDA and the Department of Health and Human Services, has been meeting for nearly a year as part of an effort to help the government update U.S. dietary guidelines, a project done every five years. Wrapping up their work yesterday, the panel proposed several significant changes to current guidelines, including the recommendation that Americans increase their fruit and vegetable intake to five to 13 servings per day, up from the previous recommendation of five to nine servings per day.

Barring any major, last minute revisions, HHS and the Agriculture Department are expected to follow the panels advice and integrate the new, five-to-13 serving recommendation in the next set of guidelines expected to be issued in January. This is a tremendous victory for the fresh fruit and vegetable industry, said Jennifer Tong, director of food safety and nutrition outreach at United. The new, expanded guidelines further emphasize to consumers the critical role that fruits and vegetables play in healthy lifestyles, and represent a positive step toward encouraging Americans to increase their produce consumption, she added.

United has worked ensure that the 2005 guidelines reflect sound science and the most recent scientific data relating to the need to increase produce consumption. We commend the federal nutrition Advisory Committee for recognizing and acting on the scientific evidence that confirm fresh fruit and vegetable consumption as a foundation of optimal health. We will continue to work to make certain that the final recommendations are incorporated into all federal nutrition programs

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Q: Why did the apple go out with a fig?

A: Because it couldn't find a date!



Field Office Showcase:

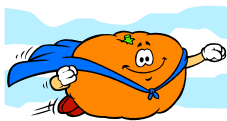
~ DSO Jacksonville battles hurricane after hurricane with possibly more to come ~

Hurricane Frances:

- personnel supply ships as they depart the path of Hurricane Frances.
- personnel stayed in contact with Commissaries and local vendors who worked to deliver loads in dangerous conditions, and work in areas with no power to supply Commissaries during Hurricane Frances. Teamwork by all involved made sure the patrons had fresh produce on the Commissary shelves.
- personnel continue to work closely with state and county officials, and our local vendors to ensure that the schools that are open after Hurricane Frances continue to receive the best fresh fruits and vegetables available, and get the assistance they may need with post storm situations.
- personnel coordinate with local vendors and Naval supply personnel to supply ships returning from sea.

Hurricane Ivan:

- personnel coordinated with Southeast Georgia and Florida Panhandle schools and vendors as they close down and prepare for Hurricane Ivan. Many Florida school districts are still shut down from previous storms. We are standing by to service the customers affected.
- personnel continue to coordinate with consolidator, produce managers, and vendors as we face Hurricane Ivan. Store closures and returning trucks have been dealt with in a professional manner and all are standing by to service the customers affected.



SUPERPOWERS of Super Produce

Fruit and vegetables led the list of top 10 superfoods from the eDiets Practical Nutrition Booklet. The booklet compiled a list of the best foods to keep consumers youthful and healthy, and the results were:

Source: Produce Merchandising 9/04

1. Avocados

good for youthful skin

2. Berries

good for supply skin

3. Brazil nuts

good for hair, nails and skin

4. Broccoli

good for the heart

5. Cabbage

good for cancer prevention

6. Carrots

good for reducing cholesterol and protecting skin from sun damage

7. Citrus fruit

good for cancer prevention

8. Grapes

good for preventing saggy skin

9. Oily fish

good for preventing heart disease, diabetes and wrinkles

10. Onions and garlic

good for warding off colds